Performance and recovery

Reflection and understanding | 1 of 2

Consider the whole working cycle: preparation, performance and the period afterwards.

Name or initials (optional): _____ Date: _____

1. What helps me feel prepared and connected to the work?

2. What pressures appear before or during performance? What do I notice in my thoughts and behaviour?

3. What helps me recover afterwards rather than remaining in performance mode?

Performance and recovery

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Which demands around availability, appearance or evaluation need firmer boundaries?

5. Who can provide practical, creative or health support when needed?

6. What will I change in one part of the next performance cycle?

My next step / support I can ask for / date to review: